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featuring UD

Story ideas for print and broadcast media

70-YEAR-OLD UNIVERSITY OF DAYTON PROFESSOR RUNS FOR HIS LIFE

"I was fat and out of breath and I got tired of being that way," said Bernhard Schmidt, a professor of electrical engineering at the University of Dayton. "I thought I'd start running."

That was 11 years ago. Now age 70, Schmidt regularly runs between six and 10 miles daily, four days a week. In November, Schmidt, a 1942 UD graduate, competed in the 26-mile Columbus Marathon for the sixth time in 10 years. He received a finisher's medallion after finishing the race in about four hours and 40 minutes.

"I've done 18 to 20-mile runs to see what it's like," he said of his training. William Hoover, an assistant professor of electrical engineering at UD and a runner himself, admires Schmidt's perseverance.

"Of course there are others in that age group that do as well, but I think it's quite an achievement," said Hoover. "I wish I could finish the marathon."

For media interviews, contact Bernhard Schmidt at (513) 229-3611.

UNIVERSITY OF DAYTON OFFERS COURSE ON SPIRITUALITY OF AGING

Many people plan for retirement by setting money aside and contributing to retirement plans. When they leave their careers, they may be on solid financial footing, but few have determined how they want to spend the balance of their lives.

The psychological, social, physical and spiritual dynamics of aging are frequently overlooked, so a course has been designed at the University of Dayton to address some of those issues. "Ministries with the Aging," sponsored by UD's office on aging, will be offered for the first time in January and will be taught by the team of Brother Stan Mathews, S.M., University rector, and Jack McDonald, director of the office on aging.

McDonald believes that among gerontology classes offered in southwestern Ohio, UD's course is the first to emphasize the spirituality of aging. "Spirituality is part of the whole person," he said. "Just as psychological well-being is important, spiritual well-being is important."

McDonald said the course's main goal is to develop intervention and helping skills for those in ministry with older persons, specifically persons in the last third of life. McDonald said this time is often characterized by loss of health, income, mobility, roles, friends, spouses, and ultimately, life.

For media interviews, contact Jack McDonald at (513) 229-2254.



The University of Dayton

For further information or assistance in scheduling interviews, contact Office of Public Relations, (513) 229-3241.